

# City of Stockton Adult Sports 5-on-5 Basketball Rules



*NFHS (National Federation of High School Association) rules apply to all games, except any of the following adaptations. For questions regarding general Adult Sports regulations, call us at (209) 937-5544*

## **PLAYERS, ROSTERS, EQUIPMENT, THE OFFICIALS, TIME, PLAYING FIELD**

### **PLAYERS AND TEAM ROSTERS**

1. Players must be 18 years or older at the start of the first game.
2. No more than 12 players are allowed on a team roster. Players must have played in at least two regular season games to be eligible to play in playoffs.
3. 7 of the 12 roster spots must be filled prior to the end of the first week of the season.
4. A maximum of 5 players are allowed on the court at one time. A minimum of 4 players are required to start or finish a game. A 5 minute grace period will begin at scheduled game time.
5. Teams may borrow other players from other teams, if and only if, the team does not have enough players to fill a full starting lineup. Teams may borrow enough players to complete a full starting lineup, but not to exceed the 2 maximum players allowed.
6. Players are required to present government issued identification to prove eligibility.
7. **After the 2<sup>nd</sup> game rosters will be unchangeable; except for adding players to fulfill a (12) player roster.** Deadline to “Add-Drop” a player is the **fourth (4<sup>th</sup>)** league game. Roster will be FINAL after the 4<sup>th</sup> league game.
8. New players (add players) may participate in league games ONLY if they are added using the Add-Drop form prior to the 4<sup>th</sup> league game and can be on the bench (home team sits to the right of the scorekeeper).

### **SUBSTITUTIONS:**

Substitutions must be made during dead ball situations only. Unlimited substitution is allowed when the ball is not in play. The substituting player must notify the official/attendant at the table that he/she is subbing and must be beckoned onto the court by the official before entering the court. If notification is not given and one enters the court, the team may receive a technical foul.

### **PLAYERS' EQUIPMENT**

#### **Required Equipment**

1. Teams must have jerseys/t-shirts with numbers.
2. Home teams wear white jerseys/t-shirts with numbers.
3. Away teams wear same colored dark jerseys/t-shirts with numbers.
4. Basketball shorts and/or sweats are to be worn; no **JEANS!**
5. Acceptable athletic or basketball shoes that do not mark the gym floor.

#### **Illegal Equipment**

1. Any sort of headwear. Exception will be made on a case by case basis for medical or religious reasons. Headbands less than 2” wide are allowed

### **THE OFFICIALS**

1. The officials' authority and jurisdiction begin when they are in or directly around the playing area directly before, during, and directly after a match. The referee's decisions are final in all matters pertaining to the game.
2. The referee shall have the authority to penalize rule breaking during play and during stoppages of play.
3. The referee's decision shall be final (not appealable) so far as the result of the game is concerned.
4. Team representatives, including players, substitutes, replaced players, coaches, trainers, spectators, and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of the officials assigned to the game.

### **GAMETIME**

1. A game shall consist of two 20-minute halves. The first half and the first 18 minutes of the second half will use a running clock (except for a team or officials time out). In last 2 minutes of the second half the clock will stop during any dead ball situation if the game score is under 20 points.
2. A jump ball shall be used to start each game and each overtime period. The alternating possession arrow will be used to begin the second half and for all held ball situations.
3. Each team gets two timeouts per half. Timeouts do not carry over to the second half or overtime.

4. **GRACE PERIOD:** Teams are allowed one 5-minute grace period for all games (5 minutes from scheduled game start time). The grace period is only allowed in order to reach a minimum of four (4) rostered players to begin the game.  
**PENALTY:** deduction of one (1) timeout

## **THE COURT**

The games shall be played on a full court in one of the City of Stockton Community Center Gymnasiums.

## **THE BALL**

Games will be played with balls provided by the Adult Sports Office. The referee shall decide the legality of any ball. The teams are responsible for retrieving the ball and having it ready for each play.

# **PLAYING RULES**

## **SCORING AND WINNING**

### **Point Values**

Standard basketball point values apply:

- Basket \_\_\_\_\_ 2 points
- Basket from beyond arc \_\_\_\_\_ 3 points
- Free throw basket \_\_\_\_\_ 1 point

The team with the most points wins.

## **TIES**

If the game is tied at the end of regulation, an overtime period will be played:

1. The ball will be put into play with a center jump, starting each overtime period.
2. All games ending in a tie score there will be a five (5) minute overtime, with a running clock, with the exception of playoff where the clock will stop the last minute with every dead ball. If after 2 overtimes there is still no winner, the 3rd overtime will be sudden death. All overtimes start with a jump ball.
3. One time out per team per overtime period.

## **FOULS AND PENALTIES**

**Common Foul (Foul on the Floor):** The ball will be awarded out of bounds, to the offended team unless the offended team is in the "bonus"

**Player Control Fouls:** There will be no free throws awarded on a player control (offensive) foul.

**Shooting Fouls:** If the shot is missed, the offended team will shoot 2 free throws. If the shot is made, the offended team will shoot 1 free throw. If the offended team was in the act of shooting a three-point shot and missed, three free throw attempts will be awarded.

**Intentional Fouls:** Two free throws will be awarded and the ball at the spot nearest the infraction to the offended team. This rule also applies to the "clear path" foul (i.e., grabbing of the jersey to prevent a lay-up).

**Flagrant Fouls:** A player who commits a flagrant foul will be disqualified from the game. Two free throws will be awarded and the ball awarded to the offended team.

**Technical Fouls:** Two free throws will be awarded and the ball at mid court to the opponent. If a team receives 3 technical fouls in a single game, that team will be forfeited. Most common ways technical are earned:

1. Excessive hanging on the hoop after a slam dunk.
2. Disrespectfully addressing or contacting an official and/or attendant.
3. Taunting an opponent.
4. Excessively swing his/her arms or elbows at an opponent.
5. Fighting and/or pushing an opponent.
6. Any other action that a referee deems as unsportsmanlike.
7. Fans of a team acting in an inappropriate manner toward other fans, players, officials or supervisors (technical will be assessed to the team captain).
8. If a team receives a total of three technical fouls in one game, the game will be forfeited immediately.
9. **COOLING-OFF PERIOD:** For all conduct-related/unsportsmanlike technical fouls, offender must immediately substitute out of the game and sit quietly on the bench for two (2) minutes of game time. The two (2) minutes starts when the player is seated on the bench and is quiet. Exception: players are ejected after 2nd technical foul.

**Disqualification:** A player will be disqualified on their 5<sup>th</sup> foul (personal and technical fouls apply)

## **Bonus/Double Bonus**

1. A team will enter the Bonus when 7 team fouls have been committed against them. Each non-shooting foul committed against the team is a 1&1 free throw attempt.
2. A team will enter the Double Bonus when 10 team fouls have been committed against them. Each non-shooting foul committed against the team will be a 2-free throw attempt

## **PLAYOFFS:**

The top 4 teams will be eligible for playoffs. To make playoffs, teams will need to have an average sportsmanship rating of 3.3 or higher. Playoff tie breakers occur in this order: Win percentage, Head-to-head wins, Average sportsmanship rating, Points scored, points allowed.

Players are required to play in at least 2 regular season games to be eligible for playoffs.

Players are required to present government issued identification to prove roster and playoff eligibility.

## DEFAULTS & FORFEITS

Teams should notify the Adult Sports Office 24 hours before their game if they know they cannot play. They can simply email the Adult Sports program at [sportsandfields@stocktonca.gov](mailto:sportsandfields@stocktonca.gov) stating their situation. They will receive a loss, but it won't be recorded as a forfeit. If a team forfeits with notice (default), the team will not receive a sportsmanship rating for that game. The team that does not forfeit will receive a sportsmanship rating of 4.0.

Teams that fail to provide 24-hour notice if they know they cannot play will receive a forfeit and a sportsmanship rating of 2.0.

**SCORES:** The team that forfeits will receive a score of zero for that given week. The team receiving the default win by forfeit will receive their average score for the season as their winning score. If it is the first game of the season the winning team will receive a score of 50.

## CONDUCT OF PLAYERS

1. **Captains are responsible for the conduct of their players and fans.** Each team's players and spectators will be held accountable for acts including abusive language, threatening remarks before, during or after any Adult Sports contest.
2. A player assessed two technical fouls will be automatically disqualified from the game.
3. Each player on the bench or spectator that enters the court, for any reason to participate in an altercation, will be assessed an unsportsmanlike technical foul. These fouls will count towards ending a game and team sportsmanship rating.
4. Any participant or spectator who physically strikes another individual will be automatically suspended from further Adult Sports participation and face disciplinary action.
5. If any player receives a total of four technical fouls throughout the season (including playoffs), that player will be suspended indefinitely.

## SPORTSMANSHIP RATING SYSTEM

1. All participants, coaches and fans that choose to participate in the Adult Sports program with the City of Stockton are expected to display good sportsmanship and comply with the spirit and rules for each sport. The City of Stockton Adult Sports program will not tolerate profanity or any other unsportsmanlike conduct. Officials and supervisors shall make decisions on whether to warn, penalize, or eject players and/or teams for poor sportsmanship. These decisions are final.
  - Each team's players and spectators will be held accountable for acts including abusive language, threatening remarks before, during or after any Adult Sports contest.
  - Each team will receive a sportsmanship rating for each game. Team sportsmanship ratings apply to behavior before, during and after a contest.
  - After every contest, the game official will record a sportsmanship score for each team. The scoring breakdown is as follows:

5	Team members participate with outstanding sportsmanship within the established rules of the contest. No trash talking, name calling, or foul language occurs. Game officials have zero issues with team.
4	Team or individual team members play with expected sportsmanship and may occasionally voice a concern with the officials. Sportsmanship and understanding of the rules are acceptable, but could be improved.
3	Team competes without incident but display some poor sportsmanship. Spectators may have influenced their team's sportsmanship with their comments/behavior.
2	Team consistently displays poor sportsmanship, even after being warned by City of Stockton staff. Spectators may have influenced their team's sportsmanship with their comments/behavior. A forfeit also warrants a 2.0 sportsmanship rating.
1	Team had player(s) ejected from the game and/or displayed consistent poor sportsmanship throughout the contest.

2. If a team receives a sportsmanship rating of 2.0 or lower during playoffs, they will be disqualified and will not advance to the next round. All sportsmanship ratings will be reviewed during playoffs and may be changed by the Adult Sports Office.

**TOBACCO, ALCOHOL AND DRUG USE**

Tobacco, alcohol and other drug use is not permitted during any City of Stockton Adults Sports activity or event. Any participant or spectator found using tobacco, alcohol or other drugs will be asked to leave the contest, facility or field immediately. Additionally, any player or spectator suspected of being under the influence of alcohol or other drug will be asked to leave the contest, facility or field immediately. Any player that has been asked to leave the contest for any reason will officially be ejected from the contest. Any incident may be referred to City of Stockton Police.

**EJECTIONS**

Any participant, coach or fan that is ejected from a City of Stockton Adult Sports program is immediately ineligible from play and/or spectating further competition in all City of Stockton Adult Sports events until the Adult Sports Coordinator reinstates that player. Any person ejected from a game must leave the playing area within 2 minutes or the game will be forfeited for that players team, talk to the supervisor on duty and not cause any further disruptions to the game or approach any game officials for any reason.

It is the responsibility of the individual ejected to actively pursue reinstatement. If no attempt is made, that individual will remain suspended from that season and subsequent seasons. Suspensions are indefinite unless otherwise notified by the Coordinator.

Participants in our city wide adult sports program are held to a standard of behavior. The games managers and league directors are responsible for administering these standards. A no tolerance policy has been instituted for unsportsmanlike behavior in our programs. Below is a list of areas of concern and the penalties that accompany them. This is to be used as a guideline, however under special circumstances, the league director has the right to change, modify or adapt any of these offenses or penalties as needed.

OFFENSE	MINIMUM PENALTY	MAXIMUM PENALTY	ACTION TO RECTIFY	PROBATION
Fighting, or any physical abuse of another player, spectator, coach or city employee	Suspension from remainder of league, No less than five games.	Lifetime suspension from City sponsored Adult sports leagues.	Serve suspension. Provide league director with written explanation of actions, promising future compliance with city rules.	1 year to lifetime at Director's discretion
Leaving bench during an altercation	Player ejection, Team and player 8-day suspension.	1 year suspension	Sign "Code of Conductor" letter with League Director	1 year
Damaging City Property	24-day suspension and financial institution	Lifetime suspension from City programs	Sign "Code of Conductor" letter with League Director	Lifetime
Verbal abuse or trash talking	Ejection from game, 8-day suspension.	Remainder of League, minimum 3 games.	Sign "Code of Conductor" letter with League Director	Remainder of league
Rough Tactics	Ejection from game, 8-day suspension.	Remainder of season.	Sign "Code of Conductor" letter with League Director	1 year
Refusal to obey official's decision	Ejection from game, 8-day suspension.	Remainder of season.	Sign "Code of Conductor" letter with League Director	1 year
Throwing equipment or city property	Team warning or possible ejection	Lifetime suspension and possible criminal charges.	Sign "Code of Conductor" letter with League Director	Remainder of league to Lifetime at Directors Discretion
Alcohol or substance abuse	Forfeiture of game, 8-day suspension for player and coach.	1 year suspension from City programs.	Sign "Code of Conductor" letter with League Director	1 year from time of suspension
Illegal Players	Forfeiture of game, 16-day suspension to coach and 8 day suspension to player.	Forfeiture of game, 16-day suspension to player and coach.	Sign "Code of Conductor" letter with League Director	Remainder of league
Gambling during game	Probation	Remainder of League	Serve suspension. Provide league director with written explanation of actions, promising future compliance with city rules.	1 year

Managers are responsible for actions of their participants and spectators at all times during a City of Stockton program and will be disciplined accordingly. The term participant shall include players, coaches and fans where appropriate. These behavioral issues are some areas where the City of Stockton is concerned. Offenders will be reviewed by the league director and a city disciplinary committee, and written notice of the penalties issued will be forwarded in a timely manner. **All suspensions will comprise of all City facilities and programs, including weekend tournaments and other sports. Matters concerning all penalties other than lifetime suspension cannot be appealed. Lifetime suspended offenders have an appeal process before the City of Stockton. Written notice of an appeal must be received within 2 weeks of issuance of the suspension to the City of Stockton Recreation Supervisor.** After written notice is received, you will be contacted for a hearing date. The City of Stockton is committed to running a safe, supervised and enjoyable program for their participants. This Code of Conduct is meant to help control the observance of our rules. Should you have RESPECTFUL comments or suggestions on the improvement of this document, please contact office staff.